

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Aerobics 2 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 6:00 ZUMBA *Note NEW Time* <div>DAYLIGHT SAVINGS TIME ENDS SUNDAY, NOV. 2 – “FALL BACK”</div>	8:45 RED HOT CHILI STEPPERS 3 WALKING CLUB 8:45-11:15 LIVING w/CHRONIC PAIN 9-11 Silver Threads & Needles 10:00 Yoga 10:30 B-I-N-G-O 1:00 Table Tennis <i>Election Day</i>	8:30 Wednesday Walk 4 8:45 Aerobics 9-11 Silver Threads & Needles 9:30-11:00 COMPUTER ASSISANCE W/SANDRA BOYD 10:00 Line Dancing 10:30 USE IT OR LOSE IT 12:30 Oil Art Group	9-11 Silver Threads & Needles 5 10:30 CHAIR VOLLEYBALL 12:00 – 4:00 Bridge 12:30 JUST DANCE 12:30 – 2:00 Computer Assistance with Jim Cole 4:00 SQUARE DANCE	8:45 Aerobics 6 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 1:00 Table Tennis
8:45 Aerobics 9 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 BLOOD PRESSURE CHECK 9-11 Silver Threads & Needles 10:00 RED HOT CHILISTEPPERS WALKING CLUB MEETING 11:15 VETERAN'S RECOGNITION 6:00 ZUMBA *Note NEW Time*	8:45 RED HOT CHILI STEPPERS 10 WALKING CLUB 8:45-11:15 LIVING w/CHRONIC PAIN 9-11 Silver Threads & Needles 10:00 Yoga 8:45 – 9:45 DOUGHNUTS FOR VETERAN'S 10:15 SPECIAL VETERAN'S RECOGNITION PROGRAM 1:00 Table Tennis	11 <div>CLOSED VETERAN'S DAY</div> <div>VETERAN'S PHOTOS ON DISPLAY THIS WEEK ← Nov 9 – 13 →</div>	8:00 TRIP TO SOUTHERN 12 CHRISTMAS SHOW 9-11 Silver Threads & Needles 10:30 PEN PALS 12:00 – 4:00 Bridge 12:30 JUST DANCE 12:30 – 2:00 Computer Assistance with Jim Cole 4:00 SQUARE DANCE	8:45 Aerobics 13 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis 1:00 Wii FUN
8:45 Aerobics 16 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 6:00 ZUMBA *Note NEW Time* <div>ALZHEIMER'S WEEK: NOV 16-20 →</div>	8:45 RED HOT CHILI STEPPERS 17 WALKING CLUB 8:45-11:15 LIVING w/CHRONIC PAIN 9-11 Silver Threads & Needles 10:00 Yoga 10:15 MAKING “FIDGET APRONS” FOR ALZHEIMER'S PATIENTS 1:00 Table Tennis 5:15 MEET & EAT – FATZ CAFÉ' - (118 Hilltop Way, Forest City)	8:30 Wednesday Walk 18 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY 9:30-11:00 COMPUTER ASSISANCE W/SANDRA BOYD 10:00 Line Dancing 10:30 SPEAKER ON ALZHEIMER'S 12:30 Oil Art Group 1:00 ARCHERY PRACTICE	9-11 Silver Threads & Needles 19 10:30 “THE BASICS OF ALZHEIMERS” 12:00 – 4:00 Bridge 12:30 JUST DANCE 12:30 – 2:00 Computer Assistance with Jim Cole 4:00 SQUARE DANCE WEAR PURPLE TODAY FOR ALZHEIMER'S AWARENESS	8:45 Aerobics 20 9:00 SilverStriders 9-11 Silver Threads & Needles 9:30 ALZHEIMER'S WALK 10:00 Fellowship & Singing 11:00 WHAT I AM THANKFUL FOR 1:00 Table Tennis
8:45 Aerobics 23 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:00 CRAFTING W/CRYSTAL – THANKSGIVING DECORATIONS 6:00 ZUMBA *Note NEW Time*	8:45 RED HOT CHILI STEPPERS 24 WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga 10:15 CRAFTING W/CRYSTAL – PILGRIM'S HAT 1:00 Table Tennis	8:30 Wednesday Walk 25 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 12:30 Oil Art Group	26 <div>CLOSED THANKSGIVING HOLIDAY</div>	27 <div>CLOSED THANKSGIVING HOLIDAY</div>
8:45 Aerobics 30 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 6:00 ZUMBA *Note NEW Time*	We are collecting TOYS FOR TOTS this entire month – bring new or slightly used toys	<div>NOVEMBER IS NATIONAL ALZHEIMER'S MONTH</div>	SENIOR CENTER HOURS OF OPERATION: MON. 7:30 a.m.–5:00 p.m. TUES. – FRI. 8:30 a.m.–5:00 p.m.	If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409

DAILY DROP-IN EVENTS: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles

ALSO AVAILABLE: Computer Lab, Library, Daily Newspaper, Magazines, Coupon Room, Medical Equipment, Paper Shredder, Notary Public, Wi-Fi, Scheduled Transit Stop